

Action plan if you see skin changes or have symptoms of Skin Cancer

- I will talk with my doctor right away if an area on my skin changes.
- I will talk with my doctor right away if any mole changes based on the ABCDEs of melanoma.

What are the screenings for Skin Cancer?

- Do a skin self-exam once a month. Use a mirror to carefully check the parts of the body that are hard to see. Tell your doctor of any skin changes or new growths
- Ask your doctor for a skin exam as part of your annual check-up



Skin Cancer

Where can I get more information?

For an appointment call
1-888-369-2427 (888-FOX-CHASE)
or visit www.foxchase.org

**Philip E. and Naomi P. Lippincott
Resource and Education Center**
215-214-1618
recstaff@fcc.edu



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Know the Facts...



Types of Skin Cancer

There are three main types of skin cancer — basal cell, squamous cell and melanoma.

Basal cell is the common skin cancer in people with light skin. In people with dark skin, squamous cell is the most common.

Melanoma is a less common but more serious type of skin cancer.

Am I at risk for Skin Cancer?

Certain things raise your chances of getting skin cancer. These are called risk factors. Check your risk factors for skin cancer below:

- Light skin that has many freckles or burns easily
- Family history of skin cancer
- Personal history of skin cancer
- History of sunburns early in life
- Blue or green eyes
- Blond or red hair
- Certain types and a large number of moles
- Constant exposure to the sun through work and play

If you have *checked any* of these risk factors, you may be at risk of getting skin cancer.



My Action Plan

- I will check my skin monthly for symptoms
- I will have someone look at my back for moles or other changes in my skin
- I will get screened for skin cancer each year
- I will check my family history for skin cancer
- I will stay out of the sun as much as possible between the hours of 10am and 4pm, when the sun's rays are strongest
- I will NOT use tanning beds
- I will use sunscreen and lip balm with at least a SPF30
- I will apply sunscreen at least 30 minutes before going outside, and reapply every 2 hours
- I will wear clothes that protect my skin when in the sun
- I will wear a hat with a wide brim that goes all the way around the head. This will protect my face, ears, and neck

Learn the ABCDEs of Melanoma Detection

An ordinary mole is an evenly colored brown, tan or flesh-colored spot in the skin. Moles can change, so be alert for the ABCDEs of melanoma.

Asymmetry: The shape of one side does not match the other.



Border: The edges are irregular, scalloped or blurred.



Color: The color is not the same from one area to another; there may be shades of tan, brown, black, white, red, pink, blue or gray.



Diameter: Moles that grow larger than a pencil eraser.



Evolving: A mole or skin lesion that looks different from other moles, or is changing in size, shape or color.

